



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09123, Grapefruit juice, white, canned or bottled, unsweetened**

Report Date: June 30, 2017 06:52 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 247g	1 fl oz 30.9g
<b>Proximates</b>						
Water <sup>1</sup>	g	91.20	1	--	225.26	28.18
Energy	kcal	34	--	--	84	11
Energy	kJ	142	--	--	351	44
Protein <sup>1</sup>	g	0.58	1	--	1.43	0.18
Total lipid (fat)	g	0.10	16	0.000	0.25	0.03
Ash <sup>1</sup>	g	0.19	1	--	0.47	0.06
Carbohydrate, by difference	g	7.93	--	--	19.59	2.45
Fiber, total dietary <sup>1</sup>	g	0.8	1	--	2.0	0.2
Sugars, total <sup>1</sup>	g	7.20	--	--	17.78	2.22
Sucrose <sup>1</sup>	g	1.70	1	--	4.20	0.53
Glucose (dextrose) <sup>1</sup>	g	2.60	1	--	6.42	0.80
Fructose <sup>1</sup>	g	2.90	1	--	7.16	0.90
Lactose <sup>1</sup>	g	0.00	--	--	0.00	0.00
Maltose <sup>1</sup>	g	0.00	--	--	0.00	0.00
Galactose <sup>1</sup>	g	0.00	--	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca <sup>1</sup>	mg	14	1	--	35	4
Iron, Fe <sup>1</sup>	mg	0.11	1	--	0.27	0.03
Magnesium, Mg <sup>1</sup>	mg	8	1	--	20	2
Phosphorus, P <sup>1</sup>	mg	15	1	--	37	5
Potassium, K <sup>1</sup>	mg	129	1	--	319	40
Sodium, Na <sup>1</sup>	mg	3	1	--	7	1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 247g	1 fl oz 30.9g
Zinc, Zn <sup>1</sup>	mg	0.08	1	--	0.20	0.02
Copper, Cu <sup>1</sup>	mg	0.031	1	--	0.077	0.010
Manganese, Mn <sup>1</sup>	mg	0.015	1	--	0.037	0.005
Selenium, Se	µg	0.1	--	--	0.2	0.0
Fluoride, F <sup>2 3 4</sup>	µg	44.9	40	5.874	110.9	13.9
<b>Vitamins</b>						
Vitamin C, total ascorbic acid <sup>1</sup>	mg	28.3	1	--	69.9	8.7
Thiamin	mg	0.042	17	0.002	0.104	0.013
Riboflavin	mg	0.020	17	0.000	0.049	0.006
Niacin	mg	0.231	17	0.011	0.571	0.071
Pantothenic acid	mg	0.130	--	--	0.321	0.040
Vitamin B-6	mg	0.020	--	--	0.049	0.006
Folate, total	µg	10	3	0.509	25	3
Folic acid	µg	0	--	--	0	0
Folate, food	µg	10	3	0.509	25	3
Folate, DFE	µg	10	--	--	25	3
Choline, total	mg	7.7	--	--	19.0	2.4
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2	--	--	5	1
Retinol	µg	0	--	--	0	0
Carotene, beta <sup>1</sup>	µg	20	1	--	49	6
Carotene, alpha	µg	2	--	--	5	1
Cryptoxanthin, beta	µg	1	--	--	2	0
Vitamin A, IU	IU	35	--	--	86	11
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	10	--	--	25	3
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0.10	0.0
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) <sup>5</sup>	µg	0.0	1	--	0.0	0.0
<b>Lipids</b>						
Total lipid	g	0.00	1	--	0.00	0.00
Cholesterol	mg	0.00	1	--	0.00	0.00
Trans fat	g	0.00	1	--	0.00	0.00
Monounsaturated fat	g	0.00	1	--	0.00	0.00
Polyunsaturated fat	g	0.00	1	--	0.00	0.00
Saturated fat	g	0.00	1	--	0.00	0.00

## Lipids

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup 247g	1 fl oz 30.9g
Fatty acids, total saturated	g	0.009	1	--	0.022	0.00
4:0	g	0.000	--	--	0.000	0.00
6:0	g	0.000	--	--	0.000	0.00
8:0	g	0.000	--	--	0.000	0.00
10:0	g	0.000	--	--	0.000	0.00
12:0	g	0.000	--	--	0.000	0.00
14:0	g	0.000	--	--	0.000	0.00
16:0	g	0.008	--	--	0.020	0.00
18:0	g	0.001	--	--	0.002	0.00
Fatty acids, total monounsaturated	g	0.010	1	--	0.025	0.00
16:1 undifferentiated	g	0.001	--	--	0.002	0.00
18:1 undifferentiated	g	0.009	--	--	0.022	0.00
20:1	g	0.000	--	--	0.000	0.00
22:1 undifferentiated	g	0.000	--	--	0.000	0.00
Fatty acids, total polyunsaturated	g	0.018	1	--	0.044	0.00
18:2 undifferentiated	g	0.014	--	--	0.035	0.00
18:3 undifferentiated	g	0.004	--	--	0.010	0.00
18:4	g	0.000	--	--	0.000	0.00
20:4 undifferentiated	g	0.000	--	--	0.000	0.00
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.00
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.00
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.00
Fatty acids, total trans	g	0.002	1	--	0.005	0.00
Cholesterol	mg	0	--	--	0	
<b>Amino Acids</b>						
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.
Caffeine	mg	0	--	--	0	
Theobromine	mg	0	--	--	0	
<b>Flavonoids</b>						
Anthocyanidins						
Cyanidin <sup>6</sup>	mg	0.00	3	0	0.00	0.00

Nutrient	Unit	1			1 cup 247g	1 fl oz 30.9g	
		Value Per 100 g	Data points	Std. Error		0.0	0.3
Eriodictyol <sup>6</sup>	mg	0.2	3	0	0.4		0.0
Hesperetin <sup>6 7 8</sup>	mg	0.8	6	0.18	2.0		0.3
Naringenin <sup>6 7 8 9 10</sup>	mg	18.0	531	0.77	44.5		5.6
Flavonols							
Quercetin <sup>6 7</sup>	mg	0.4	5	0.24	0.9		0.1
Isoflavones							
Daidzein <sup>11</sup>	mg	0.00	1	--	0.00		0.00
Genistein <sup>11</sup>	mg	0.00	1	--	0.00		0.00
Total isoflavones <sup>11</sup>	mg	0.00	1	--	0.00		0.00

#### Sources of Data

<sup>1</sup>Ocean Spray Cranberries, Inc. Nutrient composition of Ocean Spray products, 2015

<sup>2</sup>Donald Taves Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods, 1983 British Journal of Nutrition 49 pp.295-301

<sup>3</sup>A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

<sup>4</sup>Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa

<sup>5</sup>G. Ferland, D. MacDonald, J.A. Sadowski Development of a diet low in vitamin K (phylloquinone), 1992 J. American Dietetic Assoc 92 5 pp.593-597

<sup>6</sup>Mullen, W., Marks, S., and Crozier, A. Evaluation of phenolic compounds in commercial fruit juices and fruit drinks., 2007 J. Agric. Food Chem. 55 pp.3148-3157

<sup>7</sup>Belajová, E. and Suhaj, M. Determination of phenolic constituents in citrus juices: Method of high performance liquid chromatography., 2004 Food Chemistry 86 pp.339-343

<sup>8</sup>Rouseff, R. L. Liquid chromatographic determination of naringin and neohesperidin as a detector of grapefruit juice in orange juice, 1988 J. Assoc. Off. Anal. Chem. 71 pp.798-802

<sup>9</sup>Dougherty, M. H., and Fisher, J. F. Quality of commercial, canned, single-strength grapefruit juice produced in Florida during the 1975-76 and 1976-77 citrus season., 1977 Proc. Fla. State Hort. Soc. 90 pp.168-170

<sup>10</sup>Rouseff, R. L., Barros, S. M., Dougherty, M. H., and Martin, S. F. A survey of quality factors found in florida canned single-strength grapefruit juice from the 1977-78, 1978-79, and 1979-80 seasons, 1980 Proc. Fla. State Hort. Soc. 93 pp.286-289

<sup>11</sup>Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States)., 2000 Cancer Causes and Control 11 pp.289-298